

MILITARY RESILIENCE TRAINING (MRT)

PROGRAM MODULES

MODULE ONE: RESILIENCE

RESILIENCE AND MRT COMPETENCIES – This foundational module lays the groundwork for the entire MRT Course. This course provides a basic understanding of resilience and provides the rationale for the skills participants will learn. The objective of this course is to build core competencies that enable mental toughness, optimal performance, strong leadership and goal achievement. **1 Hour**

HUNTING THE GOOD STUFF – Hunting the “good stuff” counters the negativity bias, creates positive emotion and helps participants notice and analyze what is good. **30 Mins**

MODULE TWO: MENTAL TOUGHNESS

ACTIVATING EVENTS, THOUGHT AND CONSEQUENCES (ATC) MODEL – We all have situations that we handle effectively and other situations that we don’t handle as well as we need to. Although it feels that our reactions are driven by the situation itself, in fact, our consequences are driven by what we say to ourselves about the event in the “heat of the moment.” This course is designed to help participants become more self-aware. While self-regulation is a benefit of this course, self-awareness is the primary target to aid in helping participants identify behaviors or reactions that can be counterproductive. **3 Hours**

AVOIDING THINKING TRAPS (TTs) – This course details the eight major thinking traps that tax our resilience. Participants will identify the two or three patterns you fall into and give you tips and strategies that will help you get out of those traps. Learning what thinking traps are will aid in holding you back from inaccurate assumptions that are so costly to your resilience. **2 Hours**

DETECTING ICEBERGS – Have you ever felt surprised by an emotion you expressed that seemed to be out of place? Have you laughed when you should have cried and vice-versa. This module will help participants identify deep beliefs and core values that might fuel “out of proportion” reactions. It will also help you to evaluate the accuracy of those beliefs and determine if those beliefs make you too rigid in your thinking. Detecting icebergs will help you to identify those beliefs that interfere with your ability to respond effectively to adversity. **2 Hours**

ENERGY MANAGEMENT - How well do you mobilize and recover energy in order to stay fresh and rested? This course will teach how energy management strategies are used to regulate emotion and energy levels and enable critical thinking and optimal performance. These strategies have been used effectively in a variety of settings including sports, the workplace, and clinical settings. **1 Hour**

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PROGRAM MODULES (Cont.)

PROBLEM SOLVING – People often waste time and energy on problems because they have not accurately identified the causes of problems. The goal of this course is to help individuals include critical information they may have missed to better understand the problem and focus on solution strategies. **2 Hours**

PUTTING IT IN PERSPECTIVE (PIIP) - How many times do we over think things or take issues to a catastrophic level unnecessarily? During the 2-hour session, participants will learn to take situations from worst case scenarios to best case scenarios to what makes sense scenarios. Putting It In Perspective is designed to guide us to more accurate thinking. Learn to “ease your anxiety and fear of embarrassment” by establishing a pattern of realistic optimism, staying alert to the actual threat and taking advantage of opportunities. **1.5 Hours**

REAL TIME RESILIENCE (RTR) – Real Time Resilience is a skill that takes the essential ingredients of challenging beliefs and putting things into their proper perspective and uses them to fight back against counterproductive thinking. It enables the participant to remain task focused and motivated. It helps build optimism. **2.5 Hours**

MODULE THREE: BUILDING CHARACTER STRENGTHS

IDENTIFY STRENGTH IN SELF AND OTHERS – Participants will identify their top strengths, or their “signature” strengths and the top strengths of others. They will learn how to use these strengths to achieve optimal performance at work, at home and socially. **2.5 Hours**

USE STRENGTHS IN CHALLENGES – This course objective is to identify strengths in self and in others to improve teamwork and overcome challenges. Activities include how strengths can be used synergistically to deal with group challenges. Participants will learn how to use strengths in challenges to create effective teams, deepen engagement and overcome challenges. **2.5 Hours**

MODULE FOUR: BUILDING STRONG RELATIONSHIPS

ASSERTIVE COMMUNICATION – This course is designed to help participants communicate clearly in a confident, clear and controlled manner. Participants will learn how to solve problems by matching communication styles to situation or person you are communicating with, avoid labeling, and identify icebergs that might lead to a certain communication “style.” **2.5 Hours**

ACTIVE CONSTRUCTIVE RESPONDING (ACR) – Participants will learn to strengthen their relationships through communication strategies. They will learn the 4 typical styles of responding to others’ positive experiences. They will learn to identify what was working and how to create “winning” streaks. **3.5 Hours**